

Community Health Events

Atlantic Health System

January 2023

January is Cervical Cancer Awareness Month!

Did you know that cervical cancer is almost completely preventable when you get an HPV vaccine and get screened regularly? Cervical cancer screening is recommended for women between the ages of 21–65. The HPV vaccine is recommended for children ages 9–12, but it can help people up to age 45. Cervical cancer screening includes either a Pap Test or an HPV test or both. Talk to your health care provider about what screening option is right for you. If you need a provider, call 1-800-247-9580 or visit atlanticealth.org. To find out more about free cervical cancer screenings for people without health insurance, please call 973-971-5952.

VIRTUAL PRESENTATIONS

Fraud Watch Network Basics

Wednesday, January 11, 12:00pm

This presentation helps empower individuals in the fight against fraud with proven resources and tools to help you spot and avoid identity theft and other fraud. Presented by Barry Bittenmaster, AARP

Sparkle and Shine: Setting Intentions for Good Mental Health in 2023

Wednesday, January 11, 6:30pm

Our mental health can get cluttered after the holidays. Join this workshop to clear your mind, refresh your mood and set health intentions for the new year ahead. Presented by Sharon Kelly, LCSW. Join Zoom Meeting: <https://atlanticealth.zoom.us/j/6652297096?pwd=cldzNzI5MXI0T0NYc2o1MzArL25qdz09> Meeting ID: 665 229 7096 Passcode: 269010

How to Maintain and Improve Balance

Thursday, January 12, 11:00am

Come join us to learn how to maintain and improve balance. We will discuss factors that affect our balance as we age and how to manage them. Easy exercises that you can work on at home will be provided, as well as additional resources if your balance issues are not manageable at home. Presented by Marguerite Maloney, PTA, FPS

Smart Shopping

Monday, January 16, 10:00am

In this webinar, review tips on navigating the supermarket to find groceries that will support your health goals. Learn how to read food labels, and understand shelf tags to get the best value for your dollar. Presented by Evelyn Minolfo, MS, RDN, at ShopRite of West Caldwell and Parsippany

Managing Money: A Caregiver's Guide to Finances

Wednesday, January 18, 12:00pm

This presentation is an evidence-based education program, which teaches all caregivers about: the costs of caregiving and the benefits of early planning; avoiding financial abuse and fraud; starting a conversation about finances; assessing financial and legal needs; finding support. Presented by The Alzheimer's Association

Fall Prevention: What Physical Therapy Can Do for You

Thursday, January 19, 10:00am

In Person

*The Y Zone at Morristown YMCA
25 Saddle Road, Cedar Knolls, NJ 07927*

Come out to the Y Zone to hear more about how exercise is the most significant way to prevent falls. Learn how a physical therapist can help you design an exercise program that is best for you. Presented by Jennifer Krekel, PT, DPT, EdD, Board-Certified Orthopedic Clinical Specialist. No registration necessary.

Identifying and Responding to Abuse in Later Life

Monday, January 23, 11:00am

Abuse in later life is described as abuse, neglect, abandonment, or financial exploitation of an adult who is age 50+ by someone in an ongoing, trust-based relationship. Join this presentation to help your community by learning how to: identify and respond to abuse in later life, understand how power and control can be used to hurt someone, support an individual experiencing harm, and create a safety plan. Presented by Courtney Riseborough, MPH, DASACC

Las 10 Señales de Advertencia de la Enfermedad de Alzheimer

Martes, Enero 24, 5:00pm

Este programa le ayudará a reconocer las señales comunes de la enfermedad, en usted y en los demás. Unase con nosotros para conocer los próximos pasos a seguir, incluyendo la forma de hablar con su médico. Presentado por Paula Muller, Entrenadora Certificada del Cuido de la Enfermedad de Alzheimer's y Demencia (CADDCT) y Practicante Certificada de Demencia (CDP). Registracion es requerido. https://atlanticealth.zoom.us/webinar/register/WN_lvaRQIEGQYSeIR1s-LVuoQ o llame 1-800-472-8499 para registrarse.

Healing Rituals for Grief

Wednesday, January 25, 12:00pm

Learn simple practices to help you survive and thrive on your grief journey. Together we will explore many types of rituals, and how and why they work. These simple everyday practices can give structure to our grief and provide a road map towards healing. Presented by Marian Teehan, MSW, LCSW, APHSW-C, Thomas Glasser Caregivers Center, Overlook Medical Center

Understanding Your Cervical Health

Thursday, January 26, 12:00pm

Learn about your cervical health and best practices to prevent health issues. Discussion to include early-stage preventive measures. Presented by Nana Tchabo, MD, Gynecologic Oncology

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499.

Adverse Childhood Experiences: The Impact on Mental & Physical Health

Thursday, January 26, 7:00pm

Atlantic Health System's Goryeb Children's Hospital is partnering with The Institute of Great Expectations and Prevention is Key to host a webinar on Adverse Childhood Experiences (ACES). Learn the impact on mental and physical health, how ACES can affect overall well-being and school success, and how to shift your parenting practices. Pre-registration is required. All parents, caregivers, and school personnel are welcome to attend. Presented by: David B. Levine, MD, FAAP Interim Chief, General Pediatrics, Atlantic Medical Group, Atlantic Health System; Carolyn Flynn, MA, LPC, CD, Director, Infant and Early Childhood Relational Health, The Center for Great Expectations Senior Trainer, The Institute of the Center for Great Expectations To register, click here: https://atlanticealth.zoom.us/webinar/register/WN_QmETyOFRR0-2ewtL3-f9wg

How To Recognize Stalking

Monday, January 30, 10:00am

Stalking is a serious and dangerous crime that impacts every community. Listen to an expert from the Domestic Abuse & Sexual Assault Crisis Center (DASACC) who will explain stalking behaviors and help you understand, identify and respond. Presented by Courtney Riseborough, MPH, DASACC

6-Week Quit Smoking Program

Mondays, January 9 to February 13

In Person

*Livingston Community Center
204 Hillside Avenue, Livingston, NJ 07039*

This free program will help support your efforts to quit smoking for good by providing you with the tools and resources needed. Participants will receive free nicotine replacement therapy products during the six-week sessions. Must register and have an assessment done in advance to participate. Please call 1-844-472-8499 for more information.

Programa Para Dejar de Fumar

Miércoles, 6:30 - 7:30pm

1 de Febrero al 8 de Marzo,

Seis reuniones de grupo semanales para aprender técnicas que la ayudarán a dejar el cigarro y mantenerse sin fumar. Llame al 844-472-8499 para obtener más información e inscribirse.

VIRTUAL FITNESS

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

January 23 to March 27

\$50 for each ten-week session

Gentle activities help increase joint flexibility and maintain range of motion. Registration closes on January 22 at 1:30pm. Instructor: Dawn Hanna-Amodio

Barre Method

Tuesdays, 5:30 to 6:15pm

January 24 to March 28

\$50 for all ten weeks

Not ballet! A flowing mix of core techniques and floor work for total body strength, length, balance, flexibility and posture. A mat and 2- to 3-pound weights are needed. Registration close on January 23 at 5:30pm. Instructor: Denise Swan

Better Bones Beginner

Thursdays, 11:30am to 12:30pm

January 26 to March 30

\$50 for all ten weeks

Work your muscles to increase core strength, overall muscle tone and improve balance. A mat and handheld weights are needed. Registration close on January 25 at 11:30am. Instructor: Edie Manzo-Calvitti

Better Bones Intermediate

10:15 to 11:15am

Tuesdays, January 24 to March 28

AND/OR Thursdays, January 26 to March 30

\$50 for each ten-week class

For individuals who have already completed at least two sessions of Better Bones Beginner. 1-, 2- or 3-pound handheld weights are needed. Registration close on January 23 at 10:15am for the Tuesday class and January 25 at 10:15am for the Thursday class. Instructor: Edie Manzo-Calvitti

Chair Yoga

Wednesdays, 10:30 to 11:30am

January 25 to March 29

\$50 for all ten weeks

This restorative class is done in a chair with stretching, warming up the body, and poses that will improve posture and much more. Registration close on January 24 at 10:30am. Instructor: Jillian Keller

Lite & Fit

2:00 to 3:00pm

Tuesdays, January 24 to March 28

AND/OR Thursdays, January 26 to March 30

\$50 for each ten-week class

Light strength training, some chair exercises, no floor work. A light set of handheld weights are needed. Registration close on January 23 at 2:00pm for the Tuesday class on January 25 at 2:00pm for the Thursday class. Instructor: Mary Ann Taragano

Muscles in Motion

Mondays, 4:30 to 5:30pm

January 23 to March 27

\$50 for all ten weeks

Increase your core strength and overall muscle tone. A mat and handheld weights are needed. Registration close on January 23 at 4:30pm. Instructor: Mary Ann Taragano

The Power Hour

Wednesdays, 5:00 to 6:00pm

January 25 to March 29

\$50 for all ten weeks

Promotes muscular endurance, balance and bone strengthening. A set of handheld weights and a mat are needed. Registration close on January 24 at 5:00pm. Instructor: Mary Ann Taragano

Intro to Tai Chi for Mobility & Balance

Wednesdays, 11:00am to 12:00pm

January 25 to March 29

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility, flexibility and balance. Registration close on January 24 at 11:00am. Instructor: Stan Cohen

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

January 23 to March 27

\$50 for all ten weeks

The art of meditation is to center the mind toward one focus. Experience various mindful contemplative exercises to discover what a sense of well-being means to you. Registration close on January 22 at 6:30pm. Instructor: Linda Dumoff

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499.

Seated & Standing Yoga

Fridays, 10:00 to 11:00am

January 27 to March 31

\$50 for all ten weeks

If you think you can't try yoga because you can't do floor exercise, this class incorporates standing and balancing poses with the support of a chair and gentle stretching and relaxation to realign, re-center and strengthen your mind, body and heart. Modifications will always be available. Registration close on January 26 at 10:00am. Instructor: Jillian Keller

Yoga for Beginners

Tuesdays, 10:00 to 11:00am

January 24 to March 28

\$50 for all ten weeks

This gentle class involves floor and standing poses, focusing on restoring range of motion, stretching, improving breathing and posture. Registration close on January 23 at 10:00am. Instructor: Jillian Keller

SUPPORT GROUPS

COVID-19 Peer Support Group

Wednesdays, 6:00 to 7:00pm

During these challenging times, we're here to provide emotional support when you're struggling with the aftereffects of COVID-19. For more information, call 973-579-8573 or email jennifer.carpinteri@atlanticealth.org.

Healthy Aging Program at Atlantic Health System

This free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email healthyaging@atlanticealth.org, or visit atlanticealth.org, keyword "senior services."

Glasser Brain Tumor Center Support Group

3rd Thursday of the month

5:00 to 6:00pm, Virtual via Zoom

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlanticealth.org or 908-522-5159.

Grief and Loss Support Group

Wednesdays, 12:00 to 1:00pm

Have you lost a loved one recently and are having difficulties coping? Atlantic Health System offers a forum for you to meet with others experiencing loss. For more information, please call Julianna Cummings at 973-753-2718.

United Way Caregivers Coalition

This coalition offers family caregivers support, information, resources, and education to help them with their vital role. The Caregivers Coalition has developed a range of responses and programs that are free and open to all, promote knowledge and action around critical issues, and provide access to help for unpaid family caregivers in our region. For more information, visit: <https://caregiversupport.unitedwaynj.org>.

Ostomy Support Group

2nd Monday of the month, 7:00pm, Virtual

For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, call 1-844-472-8499.

Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Diabetes Support Group

For more information, call 973-831-5229.

Ostomy Support Group of North Jersey

For more information, call 973-831-5168 or 973-831-5303.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

For more information, call 1-800-247-9580.

Breast Cancer Support Group

2nd Wednesday of the month

12:30 to 1:30pm, Virtual via Zoom

Open to those who have been diagnosed with Breast Cancer and are currently receiving or completed treatment. Facilitated by Dorothy Coffey, LCSW, OSW-C, and Breast Nurse Navigator Karen DeRenzi, BSN, RN, OCN, ONN-CG. Call 973-971-5169 for registration and information.

Diabetes Self-Management Education Program

For information or to schedule an appointment, call 973-971-5524.

Diabetes Virtual Group

3rd Tuesday of the month, 7:00 to 8:00pm

For more information, call 973-971-5524.

Heart Failure Virtual Group

For more information, call 973-971-7061 or 973-971-7901.

Male Caregiver Group

For more information, call Alzheimer's NJ at 1-888-280-6055.

Overeaters Anonymous

For more information, call 973-960-1564.

Post Cancer Treatment Group

1st Tuesday of the month, 12:00 to 1:30pm

To register, call 973-971-5169.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

Survivorship Series

3rd Tuesday of the month

1:00 to 2:00pm, Virtual via Zoom

Do you enjoy reading and having interactive discussions with others? Connect with other cancer survivors and find some common themes in what defines survivorship. Facilitated by Dorothy Coffey, LCSW, OSW-C. Call 973-971-5169 for information and selected monthly readings.

Younger-Onset Alzheimer's Virtual Group

For those diagnosed at age 65 or younger.

For information, call Suzanne at 973-580-0697 or Alzheimer's NJ at 1-888-280-6055.

OVERLOOK MEDICAL CENTER

Cancer Groups

The Carol G. Simon Cancer Center at Overlook Medical Center offers free programs for patients and their caregivers both during and after treatment. Programs include support groups and integrative programs like Yoga, Qigong, Meditation and Stress Management. For more information, call Lauren Curtis at 908-522-6168.

Caregiver Programs

Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including Qigong, art and music therapy. For information, call 908-522-6348.

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499.

Ostomy Group

Supported by the Union County Chapter of the OAA. For more information, call 908-522-4652.

Pain Group

For those affected with chronic pain. For more information, call 908-665-1988.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

NEWTON MEDICAL CENTER

Better Breathers Club

A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 973-579-8373.

Cancer Group

For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.

Diabetes Group

Offering mutual support and education for adults with diabetes, including a discussion of a variety of issues. Preregistration is required, call 973-579-8341.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

HACKETTSTOWN MEDICAL CENTER

Better Breathers Club

Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

Cancer Caregiver Connections

4th Wednesday of the month

4:00 to 5:00pm, In-person

Joan Knechel Cancer Center, West Wing Conference Room, 1st Floor, Room 101 657 Will Grove Street, Hackettstown, NJ

A support and education group for individuals who are caring for a loved one with cancer. Gain insight and connection with others in the caregiver role through shared experiences. Learn practical information and discover effective coping strategies for optimal self-care. Join us in discussing the stresses, challenges, and rewards of providing care for someone with cancer. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Group is complimentary but registration is required. To RSVP or for more information, contact Lisa at 908-441-1534.

Diabetes Group

Offering mutual support and education for adults with diabetes, including a discussion of a variety of issues. Preregistration is required, call 908-441-1258.

Healthy Hearts Group

For people with any form of cardiac disease. To register, call 908-850-6819.

Newly Diagnosed Cancer Group

2nd Wednesday of the month

3:00 to 4:00pm, In-person

Joan Knechel Cancer Center, West Wing Conference Room, 1st Floor, Room 101 657 Will Grove Street, Hackettstown, NJ

Inviting newly diagnosed individuals who are within the first year of cancer treatment. Learn practical tools, gain useful resources, develop positive coping skills, and expand insights on navigation the daily challenges of life with cancer. Come connect with others in the inspiring and nurturing experience of group support. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Group is complimentary but registration is required. To RSVP or for more information, contact Lisa at 908-441-1534.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

Information About The Flu

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

For more information, visit atlanticealth.org/flu

Lung Cancer Screening Program

Lung cancer screening is used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal of lung cancer screening is to detect lung cancer earlier, when it's easier to cure. The U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit atlanticealth.org/lungcancerscreening.

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499.

Atlantic Behavioral Health Access Center

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

Project SEARCH

Atlantic Health System is proud to partner with Project SEARCH at Overlook Medical Center and Newton Medical Center.

Project SEARCH is now accepting referrals and applications for the class of 2022. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at johara@sussexesc.org.

Information About COVID-19

Visit atlanticealth.org for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

COVID-19 Community Support Line

The COVID-19 Community Support Line is available to all members of our community experiencing symptoms of COVID-19 or looking for additional support. A highly-trained Atlantic Health System nurse will answer your call, consult with you, and direct you to the resources you need. This support line is open Monday to Friday from 8:00am to 4:00pm by calling 973-494-9585, OPTION 3.

Register for COVID-19 Vaccine Appointment

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting atlanticealth.org/covidvaccine. You'll be asked a series of questions about the patient's eligibility. Then, you'll pick a date and time and provide the patient's information. Be sure to enter an email or mobile phone number to receive an appointment confirmation.

Virtual Quit Smoking Program: It's Not Quitting, It's Living!

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and six weekly group meetings to learn techniques that can help you quit and stay smoke free. Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center

Tuesdays, 3:00 to 4:30pm
Call 973-579-8588 for more information and to enroll.

Morristown Medical Center Health Pavilion

Tuesdays, 6:00 to 7:30pm
Call 973-895-6606 or 862-432-6159 for more information and to enroll.

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm
Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 2:00 to 3:00pm
Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm
Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 4:30 to 6:00pm
Call 908-522-2296 for more information and to enroll.